

Gallatin City-County Health Department offers

Prenatal & Parenting Classes

July – December 2008 Schedule

***** We will be moving in mid-July 2008 *****

Beginning in August, classes will be held at the new Gallatin City-County Health Department office building located at 215 West Mendenhall in Bozeman
(the low-rise Martel building behind Wells Fargo Bank)

***** All July classes are still at the old address of 12 North 3rd in Bozeman *****

To register for a class, please call 582-3100.
Classes are free and last approximately 1-1/2 hours

BREASTFEEDING

* July 9 (12 N. 3 rd location)	6:00pm	• Establishing & maintaining breastfeeding	October 15	6:00pm
August 13	6:00pm	• Benefits of breastfeeding for mom & baby	November 12	6:00pm
September 24	1:30pm	• Common questions & concerns	December 10	1:30pm
		• Community resources		

HEALTHY PREGNANCY

* July 8 (12 N. 3 rd location)	6:00pm	• Fetal growth & development	October 8	1:30pm
August 6	1:30pm	• Nutrition & exercise/healthy lifestyle	November 6	1:30pm
No September class		• Common pregnancy changes & concerns	December 9	6:00pm
		• Preterm labor		

ARE YOU READY? LABOR & DELIVERY

* July 9 (12 N. 3 rd location)	1:30pm	• Signs & stages of labor	October 22	6:00pm
August 6	6:00pm	• Positioning & relaxation	November 19	6:00pm
September 24	6:00pm	• Hospital routines	December 10	6:00pm
		• Importance of prepared childbirth		

ENJOYING YOUR NEWBORN

* July 8 (12 N. 3 rd location)	1:30pm	• Newborn characteristics	No October class	
August 5	6:00pm	• Physical & emotional needs of mom & baby	November 5	1:30pm
September 9	1:30pm	• Tips to guide you through baby's development	December 2	6:00pm